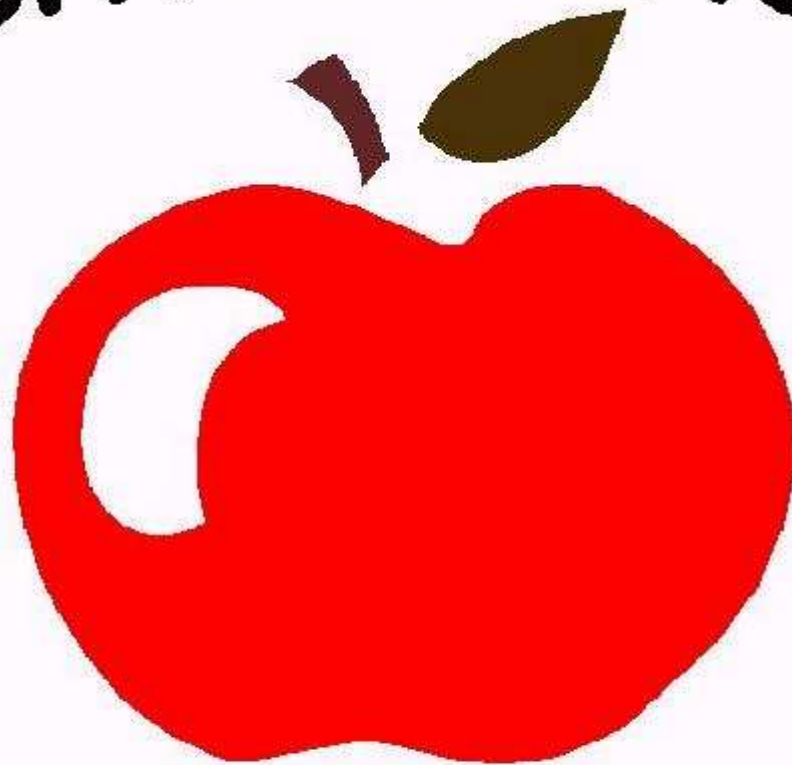


Preventive Medicine



Fort Irwin, CA

BLDG S-172

380-3235/3053

**Good Health**

# **Guide to Medical Self-Care Class**

**A Free Self-Care Manual (\$18.00 Value)**

**Open To Everyone Enrolled in Tricare**

**Stationed at Fort Irwin**

**Access To No Cost Hospital Pharmacy**

**Call 380-3235 For More Information**

At the end of this presentation you will take an online self-care test.

Four to five days after you pass the test, come to Preventive Medicine, Bldg 172, to receive your Self Care Card. Then you can go to the pharmacy to receive free over the counter medications.



TYLENOL 325mg FOR ADULTS, TYLENOL INFANT DROPS

HYDROCORTISONE

BACITRACIN

MAALOX

ACTIFED

**Free Medications  
Available**

SUDAFED

ROBITUSSIN

KAOPECTATE

ROBITUSSIN DM

ATHELETES' FOOT POWDER

DIMETAPP LIQUID, BENADRYL LIQUID

**At Your Hospital Pharmacy**

If you do not have a Take Care of Yourself book, you can come to Preventive Medicine in Building 172 (corner of 4<sup>th</sup> & Inner Loop) to get one.

**Please - only one book per household!**

# What Is Health?

Health is more than the absence of disease. It is a state of physical, mental, emotional, social, and spiritual wellbeing.

When you are healthy, you feel good. You have achieved a balance of the competing demands of personal desires, family, work, friends, and community.

Health is a positive state of well-being.

# What Affects Health?

You are a synthesis of nature and nurture. You have inherited your genetics and can not change this. But you create your health by the choices you make each day.

Two thirds of illness can be prevented by making healthy choices every day. Choosing a low fat, balanced diet, daily exercise, and maintaining recommended body weight promotes good health. Avoiding tobacco, alcohol, illegal drugs, and high risk behaviors prevents illness and injury.

You can do more for yourself than your doctor. Your health lifestyle is the most important factor in lifelong vigor and good health,

# Introduction To Health And Self-Care

Over 80 percent of all medical appointments and Emergency Room visits for new problems may be unnecessary. These visits are often for minor health problems.

Examples of problems that can be treated at home include rashes, fever, headaches, vomiting, diarrhea, sore throats, cough, cuts, bruises, insect bites, sunburn, back pain, teething, and depression.



# What Is Self-Care?

Self care is about becoming an active participant in your own health care. Self care is about recognizing and taking care of the small problems before they become big. It is about learning what you can do to take care of yourself and when you need to see your doctor.

Take Care of Yourself describes 175 health care problems and symptoms. It is easy to use even in a crisis. Look up the symptom and you will find an explanation of causes and treatments.

## Five Guidelines For Self-Care

1. Practice healthy and safe behaviors and lifestyles.
2. Get routine check-ups that will prevent illness or detect it in the earliest stages.
3. Take care of minor illnesses promptly, so that small problems don't become bigger. This will save you time and money.
4. Work closely with doctors and other health-care providers to help them diagnose and treat illnesses.
5. Use emergency medical services only when necessary.

## Check-up Recommendations

Routine check-ups include:

Pre-natal care for pregnancy.

Immunizations for adults and children.

Blood pressure checked annually.

Vision and hearing checked annually.

Breast self-exams monthly.

Clinical breast exam every year.

Testicular self-exams monthly.

For those over 40, an annual mammogram.

Annual dental check-ups.

Cholesterol checked every 5 years.

## Home Medicine Chest

You can prepare for most minor illnesses by keeping a few remedies and supplies in a home medicine chest.

This should include items such as band-aids, sterile gauze, adhesive tape, elastic bandage, cotton balls, safety pins, dental floss, thermometer, tweezers, medicine spoon, penlight, eyedropper, scissors, cold packs, and a heating pad.

It should also include antiseptics, Tylenol, decongestants, cough syrup, an antihistamine, ointment for rashes and itching, and diarrhea medicine.

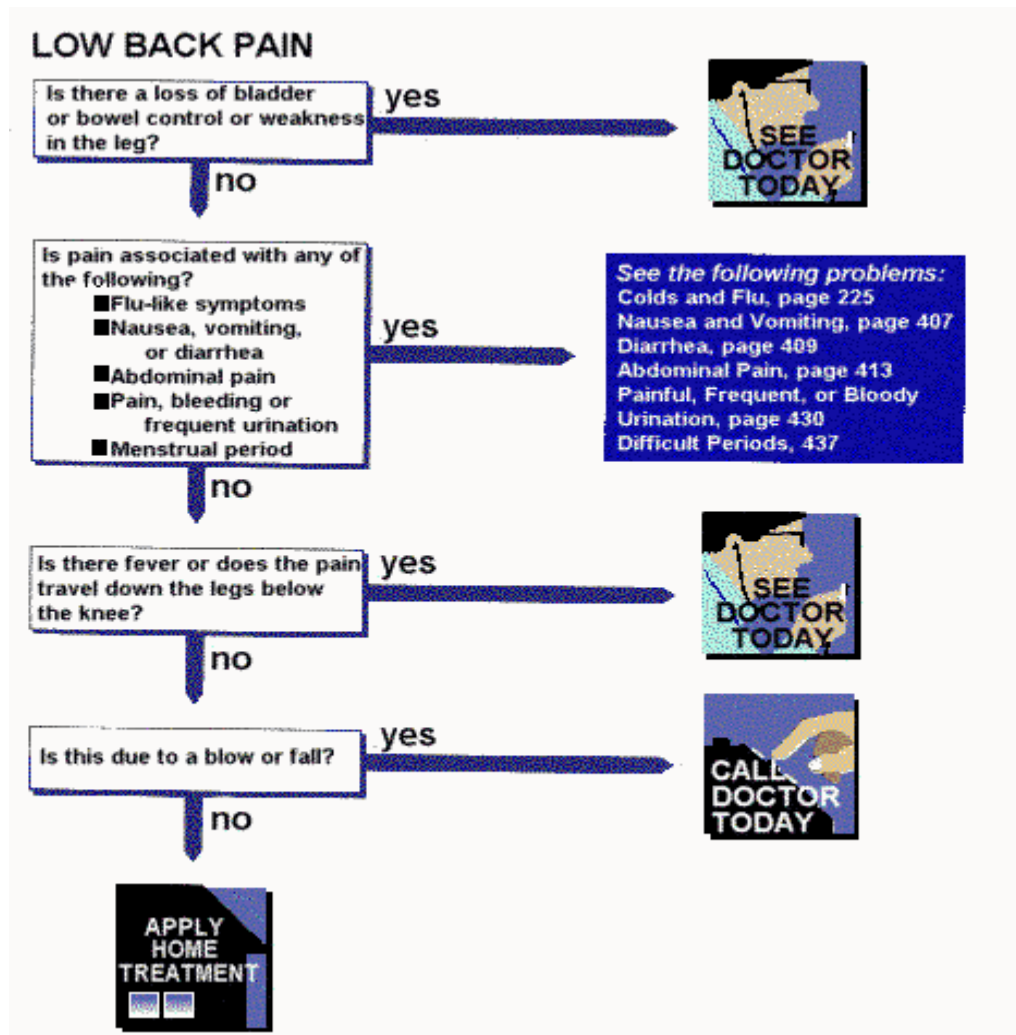
In addition, a humidifier or vaporizer is helpful, especially if you have young children.

## Take Care of Yourself

This book is easy to use. It has descriptions and home treatments for many health problems such as emergencies, injuries, skin problems, childhood diseases, abdominal problems, and sexual problems. Decision charts guide you to determine when you need to see a doctor.

This book also explains how to reduce health risks and how to work with your doctor,

The decision trees from Take Care of Yourself are easy to follow and understand. Simple YES/NO questions help you to make an informed decision about the health related problem. Below is an example, please see for yourself!





**Health Care Information Line  
(HCIL)**

**1-888-688-4019**

The Health Care Information Line provides a library of medical knowledge on hundreds of health topics. Use it for fast, easy access to health information.

It is available to all military families in California, Yuma, AZ and Hawaii. The Health Care Information Line (HCIL) is a free, 24-hour telephone health information line.



## **To access the Health Care Information Line:**

Go to website: <https://www.triwest.com/triwest/default.html>  
Click on the link entitled “Healthy Living” located at the left side of the web page. Then click on the link: “View a complete list of topics available on the Health Information Library.”

Search for the health topic of your interest. Make a note of the topic code that corresponds to the health topic of your choice.





**When you call 1-888-688-4019, you can access the Audio Health Library.**

The Audio Health Library has recorded information on more than 500 health topics. Enter the topic code from the complete list of topics to listen to recorded health information.

Use the audio health library for tips on how to stay healthy, how to take care of a problem at home, and how to determine when you need to see a doctor.

# WHY IS SELF-CARE IMPORTANT?

Self-care provides you with the tools to make informed decisions about your health and medical care so that you can become an informed medical consumer.

Self-care reduces your medical cost and trips to the doctor.

Self-care helps to build a partnership with your doctor.

Self-care helps to prevent or reduce your risk of illness, disease, and injury.

Self-care leads to good health and improved quality of life.

# SELF CARE RESOURCES

*Health Care Information Line (HCIL)*: is a 24-hour phone service for Military Health Services System (MHSS) beneficiaries in California and Hawaii.

*MTF Health Promotion Department or Wellness Center*: provides a wealth of information and services, including a variety of health education classes, programs, counseling, and health risk assessments.

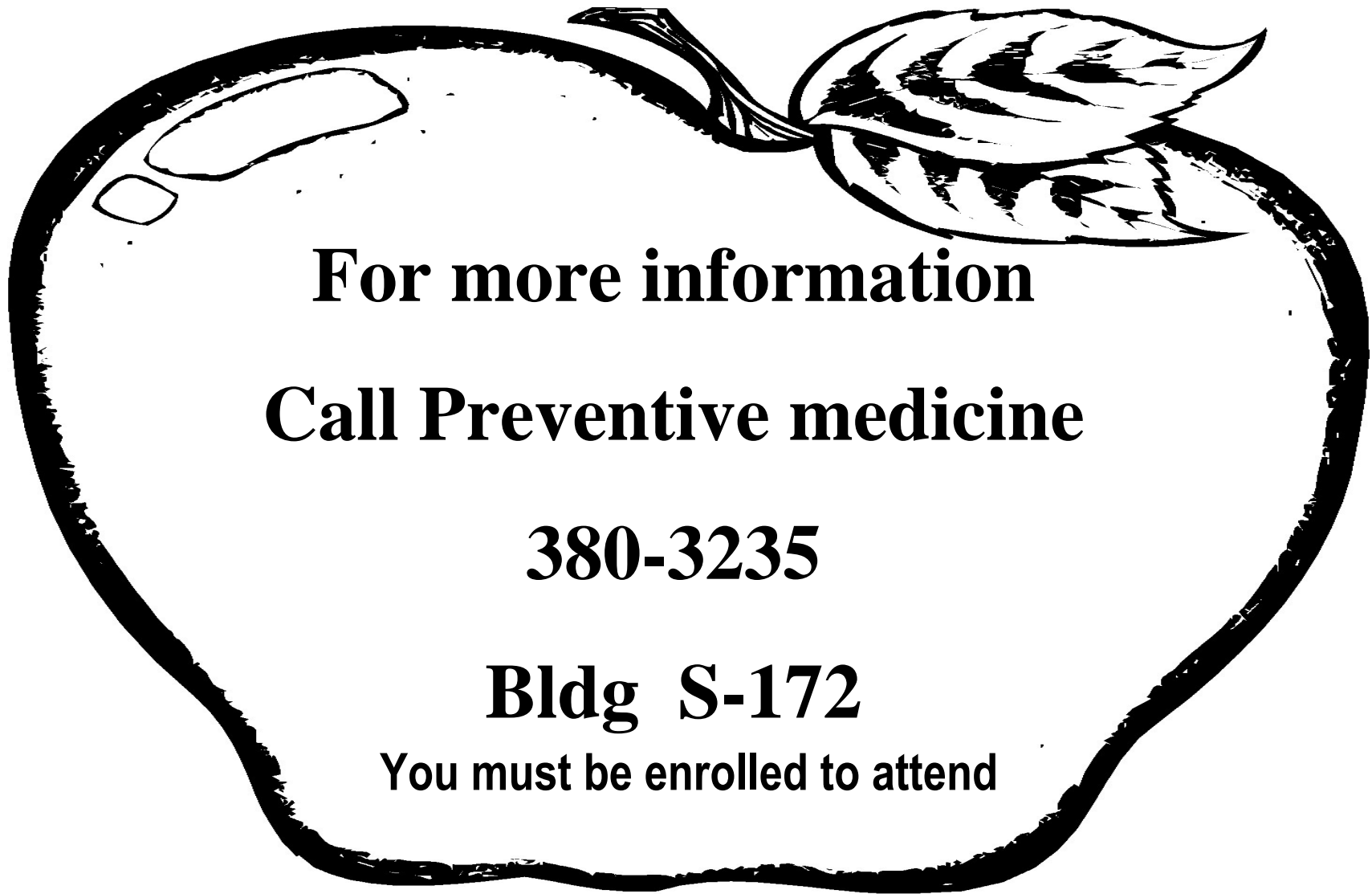
*Self Care Books*: There are a variety of easy to read self care books on the market. One good example is: “**Take Care of Yourself**”.

Keep a current and accurate *medical record and history* for each family member.

Have emergency and physician numbers easily accessible by the phone.

Remember self-care is not a substitute for professional health care. This publication is a guide and is not intended to replace professional medical care.

*Tobacco Cessation Classes*



**For more information  
Call Preventive medicine**

**380-3235**

**Bldg S-172**

**You must be enrolled to attend**

**Proceed to Test by double  
clicking on the link below**

[Http://school.discovery.com/quizzes15/indhyg/SelfCareClass.  
html](http://school.discovery.com/quizzes15/indhyg/SelfCareClass.html)